



THE NADERI CENTER
PLASTIC SURGERY & DERMATOLOGY

Kybella®

Fat Reduction Under the Chin · Treatment Instructions

Having more than one treatment? Follow the more cautious instruction. Always follow The Naderi Center's instructions rather than advice from friends, family, or online research.

SET YOUR EXPECTATIONS

SWELLING UNDER THE CHIN IS SIGNIFICANT

For the first few days after each session, the area under your chin and upper neck can swell up significantly. **This is not subtle swelling.** It is expected, it is part of how Kybella® works, and it is worst for the first two days. It then goes down, though it can take up to 2 weeks to settle completely. Plan around it.

- **A series of 3 to 6 sessions.** Most patients need 3 to 6 sessions, spaced 4–6 weeks apart, for the best result. One or two sessions are not enough.
- **Not a neck lift result.** Kybella® reduces fat under the chin; it does not tighten loose skin or reshape the neck the way a neck lift does. Knowing this up front keeps your expectations realistic.

TWO WEEKS BEFORE YOUR INJECTIONS

THE NADERI ANTI-BLEEDING, ANTI-BRUIISING DIET

Start 2 weeks before your injections. What you eat and take makes a big difference in how much you bleed and bruise. Most people think, “I eat healthy, so I’m fine,” but healthy foods are often the ones that cause bleeding: **nuts, seeds, fish, fish oil, vitamin D, NSAID pain medications such as ibuprofen, and supplements, especially herbal supplements.** Many other ingredients in today’s foods, drinks, vitamins, and supplements do the same. **Scan the code for the full list.**

Fresh pineapple, including the center core, and pineapple juice are fine before and after, and they help. Start Arnica and bromelain supplements after your injections, not before.



Full list

- **Medications and supplements.** Talk to your primary care doctor or specialist. If you are on blood thinners, you may need to stop them a few days to weeks before your treatment. Speak to your prescribing physician about the safety of stopping and restarting these medications. We do not recommend that patients on life-saving medications stop them in order to have any cosmetic procedure.

DAY OF YOUR INJECTIONS

- **Eat and drink before your treatment.** It is not uncommon for patients to pass out or feel lightheaded during injections. Good blood sugar and hydration make it less likely that you will feel queasy during your treatment.
- **Dress comfortably, cool, and in layers.** Wear something you can take off if you get warm. Patients who feel too warm are more likely to feel lightheaded or faint during injections.
- **Men with beards: shave under the chin.** A beard keeps the doctor from marking the injection sites on the skin, can deflect the needle, and hides the true shape of the jawline.
- **Minimize makeup and lotions** in and around the areas to be injected. Our medical assistants will remove your makeup before treatment. You can bring makeup to apply right after your treatment.
- **Topical numbing: 20–30 minutes.** We recommend numbing cream before injections. It needs a good 20–30 minutes to take full effect. We ask injection patients to come a little early to allow time for numbing.
- **Reserve your next appointment.** Kybella® injections are typically repeated 4–6 weeks after the first session. Our physicians often book out months ahead, and we prefer never to double-book patients, so we always recommend scheduling your next appointment before you leave.

AFTER YOUR INJECTIONS

After Kybella® it is normal to have significant swelling, pinpoint bleeding, and bruising under the chin. Because of the numbing cream, you will feel numb for another 1–2 hours. Follow these instructions to minimize swelling and bruising and shorten your downtime.

Most patients need a series of 3 to 6 sessions for the best result. Once the full series is complete, no maintenance is usually needed: the fat cells that are eliminated should not return. Aging continues, though, and weight changes can still affect the area. Remember that Kybella® reduces fat; it does not give a neck lift result.

- **Ice.** Use a small bag of frozen peas or crushed ice in a sandwich bag to gently ice the area. No heavy ice bags. Ice for 20 minutes on and 20 minutes off, and continue for 48 hours if possible.
- **Minimize strenuous exercise.** No strenuous exercise for 48 hours, to reduce swelling and bruising.
- **Do not manipulate, massage, rub, or poke the area.** The treated area will be quite swollen. You may shower and wash your face with a gentle cleanser. Avoid facials, chemical peels, and laser treatments on the treated area for 14 days.
- **Concealer.** From the next day you can use makeup, moisturizer, sunscreen, and concealer to help cover bruises.
- **Arnica and bromelain.** Start Arnica and bromelain supplements after your injections, not before. They help bruising and swelling fade faster.
- **Sleep with your head on 2–3 pillows** for the first 2–3 days to minimize swelling under the chin. Swelling should begin to improve after about 48 hours.
- **Pineapple.** Eat pineapple, including the center core, and drink pineapple juice. Pineapple has natural anti-inflammatory properties that help minimize swelling after injections.
- **Do not judge your result too early.** The area will be swollen for the first few days, and it takes weeks for results to show. Wait until you have completed your course of treatment to evaluate them.
- **Tylenol for pain.** Some pain and sensitivity in the injected area is normal. Most patients find Tylenol relieves it. Avoid NSAIDs such as Motrin and ibuprofen; they can make swelling and bruising worse.

WHAT TO EXPECT

- **Bruising.** Bruises usually last 1–2 weeks, sometimes longer, and can show up several days after treatment.
- **Swelling, inflammation, and redness.** Swelling is worst the first two days and comes mostly from local inflammation. It can take up to 2 weeks to settle. Sleeping propped up and icing help. Avoid exercise for the first 48 hours or longer; working out increases swelling.
- **Asymmetry.** Early asymmetry is mostly from swelling and bruising under the skin. After a few weeks the swelling goes down and the fat-melting result begins to show.
- **Firm spots under the skin.** As the fat melts, it can form firm nodules. Your physician will tell you when to start massaging them so they dissolve faster.

If you are ever unsure, our team is always available. Take a few clear, well-lit photos and email them to Staff@NaderiCenter.com. For anything more urgent, please call the office so we get your message quickly.

CALL US RIGHT AWAY IF YOU HAVE

- Trouble swallowing
- Ulceration or tissue death (necrosis) at an injection site
- Fever over 101°F
- Rapidly increasing or severe swelling
- Worsening pain not improving with medication
- Increasing redness, warmth, pus, or concerning drainage
- Rash, severe itching, or blisters (possible medication reaction)

CALL 911 IMMEDIATELY FOR

- Chest pain
- Shortness of breath
- Excessive bleeding
- Difficulty breathing

REACH US

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